



Leisure Services Department **Extension Services**

Basic Food Prep Classes

Healthy Freezer Meals 30912

Learn to plan and prepare food for future meals.

Tuesday, January 8, 2013 6 – 8 p.m.

Healthy Yeast Bread Baking 30913

Practice successful, healthy bread making.

Saturday, January 26, 2013 9 - 1 p.m.

Healthy Quick Bread Baking 30918

Master the art of biscuits, muffins and breads.

Tuesday, February 12, 2013 6 – 8 p.m.

Healthy Yeast Bread Baking 30917

Practice successful, healthy bread making.

Saturday, February 23, 2013 9 - 1 p.m.

Pressure Cooker Dine In 30921

Save time and cook a healthy meal in a pressure cooker.

Tuesday, March 12, 2013 6 – 8 p.m.

Healthy Stir Frying 30923

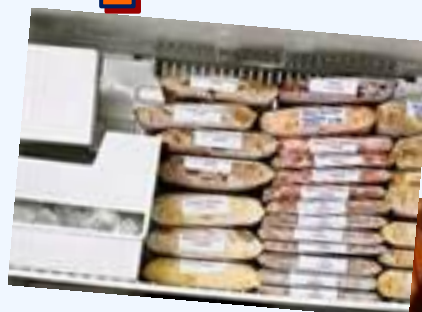
Learn healthy stir fry tips and techniques.

Tuesday, April 9, 2013 6 – 8 p.m.

Healthy Slow Cooking 30925

Have a healthy dinner ready when you get home from work.

Tuesday, May 14, 2013 6 – 8 p.m.



PRE-REGISTRATION IS REQUIRED!

All classes will be held at Seminole County Extension Services kitchen (address below).

Class size is limited. Call 407-665-5560 to register. Each class is \$10, payable in advance.

For more information, contact: Rita Law, Extension Agent • Seminole County/University of Florida/IFAS
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